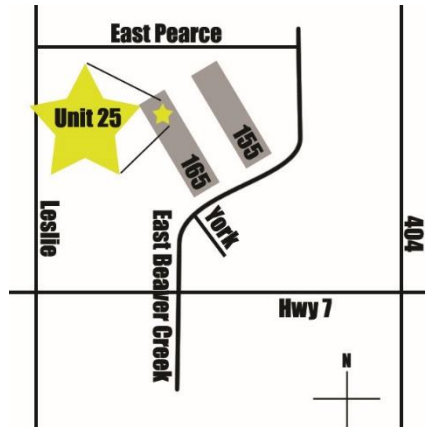


# EVOLVE

KICKBOXING



Richmond Hill Location

165 East Beaver Creek Road Unit #25  
Richmond Hill, ON L4B 2N2

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<http://www.evolvekickboxing.ca>

<http://www.facebook.com/EvolveKB>

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00AM						10:00AM Bootcamp (Ruby)	
11:00AM							
12:00PM				12:15PM Women's only kickboxing (Loo Sean)	12:15PM Women's only kickboxing (Loo Sean)		
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM	5:45PM Women's only kickboxing (Sharon)	5:45PM Women's only kickboxing (Rebecca)	5:45PM Women's only kickboxing (Rebecca)				
	6:45PM Instructor/ Intermediate						
7:00PM	7:30PM Women's only kickboxing (Jessica)	7:30PM Women's only kickboxing (Sharon)	7:30PM Women's only kickboxing (Sara)	7:30PM Women's only kickboxing (Rachel)	7:30PM Every 2 <sup>nd</sup> & 4 <sup>th</sup> Friday (Allison)		
	8:45PM Women's only kickboxing (Jessica)		8:45PM Women's only kickboxing (Sara)	8:45PM Women's only kickboxing (Rachel)	8:45PM Every 2 <sup>nd</sup> & 4 <sup>th</sup> Friday (Allison)		
9:00PM							
10:00PM							